

ABSTRACT OF THE DISCLOSURE

A phase-change optical information recording medium in which information can be recorded, erased, and read includes
5 a substrate and a recording layer overlying the substrate. The recording layer achieves a crystal phase and an amorphous phase. The absorptance A_c of the recording layer in the crystal phase against light having a wavelength of from 370 nm to 450 nm is lower than the absorptance A_a of
10 the recording layer in the amorphous phase against the light. Information is recorded on the recording medium with a recording wavelength of from 370 nm to 450 nm at a recording pitch of 0.3 μm to 0.52 μm .